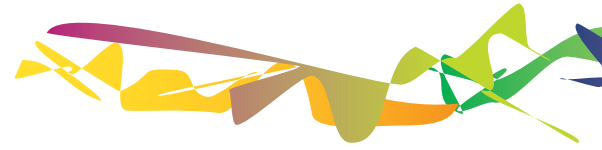




Section 5: Indian Reflections:



★32W AUM *Feeling resonance of tone and staggering the breath*

In pairs sit on the floor back to back . Allow a deep breath to enter the body. Gently sing 'Au' on one note and slowly change it to a lightly closed 'mmm ' when you feel you are half way through the breath, this will differ with everyone. In your own time take another breath and repeat.

★33W Learning the Raag

It's fun and vital for tuning to learn the note name syllables. Slowly sing up and down the raag, simply and gently over a drone accompaniment



SA RE GA MA PA DHA NI SA' SA' NI DHA PA MA GA RE SA

The top, (octave higher), SA is indicated by the (') The underlined notes are flattened.

★34W Tuning the Voice

Block your ears and unblock your ears while humming the drone note (SA) so that you can concentrate on your own voice. Have half the group sing the drone and the other sing each note of the raag slowly against the drone. Practise gently sliding into the notes.

★35W Exploring the Raag *MP3 (track18) (first Sapna exercise)*

Go up the raag in small steps, first two at a time then three and so on. Use the following diagram to help the singers learn the pattern of the exercise

SA RE
SA RE GA
SA RE GA MA
SA RE GA MA PA
SA RE GA MA PA DHA
SA RE GA MA PA DHA NI
SA RE GA MA PA DHA NI SA'

Then go down the steps:

SA' NI
SA' NI DHA
SA' NI DHA PA
SA' NI DHA PA MA
SA' NI DHA PA MA GA
SA' NI DHA PA MA GA RE
SA' NI DHA PA MA GA RE SA



✧ 36W Getting to know the intervals in the Raag

MP3 (track 19 second Sapna Exercise)

Again you are going up the raag but this time leaping up , each time more adventurously with a bigger interval, and then sedately stepping down!

SA
RE SA
GA RE SA
MA GA RE SA
PA MA GA RE SA
DHA PA MA GA RE SA
NI DHA PA MA GA RE SA
SA' NI DHA PA MA GA RE SA

Now try the reverse:

SA'
NI SA'
DHA NI SA'
PA DHA NI SA'
MA PA DHA NI SA'
GA MA PA DHA NI SA'
RE GA MA PA DHA NI SA'
SA RE GA MA PA DHA NI SA'

✧ 37W Singing Brain Gym! *This is a traditional exercise which is a good workout for the brain and ear, developing inner hearing*

Follow this pattern singing up the raag 3 steps (A) and then from the top down (B). One has to work hard to find the corresponding melodic shape each time, particularly when the 'parts' cross over! The exercise has a 3/4 swinging feeling. This can be sung continuously or as a two-part exercise with one part singing the A line and then the other part responding with the B line.

A

SA RE GA
RE GA MA
GA MA PA
MA PA DHA
PA DHA NI
DHA NI SA'

B

SA' NI DHA
NI DHA PA
DHA PA MA
PA MAGA
MA GA RE
GA RE SA.